



# DO YOUR PART!

## Recycling & Energy TIPS for HOME!



There are lots of things you can do to help reduce your rubbish and save energy!  
Check out some of the tips below to get started.

### ♻️ Making use of your mountain of plastic bags:

- Place them in the bottom of plant pots and hanging baskets - they act as great drainage systems.
- Children can use them for carrying PE gear to school.
- Recycle them! Some supermarkets recycle plastic bags, so you can return plastic bags to them.

### ♻️ Water heating is the third largest energy expense in your house! – Wash your clothes in COLD water using a 'cold-water' detergent and keep your dollars in your clean pockets!

- ### ♻️ Use energy efficient fluorescent bulbs.
- One compact fluorescent light bulb saves an average of \$35 in energy costs over the life of the bulb AND one bulb can last up to 8 times longer than a regular light bulb!



### ♻️ Ideas for reducing and recycling paper:

- After children's drawings and paintings have been displayed for a while they can be used to wrap presents - this also makes the present special.
- Put a 'no junk mail' sticker on your letter box. You'll be amazed at how much this reduces your rubbish.

### ♻️ Ideas for around the kitchen:

- Use reusable containers for food storage instead of wrapping with aluminum or plastic wrap.
- Use unbleached coffee filters - bleached paper products create dioxin, a deadly toxic which is dumped into waterways.
- Use rags (old t-shirts, fabrics, etc.) rather than paper products.
- Reuse paper towels used for drying your hands, let them dry. Better yet just use a towel.
- Reuse plastic wrap and plastic bags (it can be washed). Keep in a handy place. Better yet, use containers

- ### ♻️ Spread the word. By telling other people, we increase the savings that can be made.
- Also get your children involved – if we can educate them early, they will grow up and appreciate waste reduction and will be able to apply these skills in later life.

Support the effort to help  
environmental causes for  
a better,  
a cleaner,  
a healthier world!



REDUCE ◀▶ REUSE ♻️ RECYCLE!

